

# A Literature review on Mental Health and Its Well Being.

<sup>1</sup>Mr. Hemant Parshuram Dange,

Assistant Professor, Department of Mental Health Nursing,  
M.V.P. Samaj's Institute of Nursing Education  
Adgaon, Nashik, Maharashtra, India

**Abstract: Mental health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behavior's. Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. Data from different countries around the world indicate that mental health problems are a cause of several employees dropping out of work. In the Netherlands, around 58% of the work-related disabilities are related to mental health. In the UK, it is estimated that around 30–40% of the sickness absence is attributable to some form of mental illness. This review showed that how to improve or maintain good emotional / mental health and its well-being.**

**Key Words: Mental Health, Well Being**

## Introduction:

Mental health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behavior's. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor. Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realize your full potential. It helps you work with other people and contribute to society.

It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight. It is increasingly being recognized that the mental health of employees is a crucial determinant in their overall health and that poor mental health and stressors at the workplace can be a contributory factor to a range of physical illnesses like hypertension, diabetes, and cardiovascular conditions, amongst others. In addition, poor mental health can also lead to burn-out amongst employees, seriously affecting their ability to contribute meaningfully to both their personal and professional lives. <sup>1</sup>

Data from different countries around the world indicate that mental health problems are a cause of several employees dropping out of work. In the Netherlands, around 58% of the work-related disabilities are related to mental health. In the UK, it is estimated that around 30–40% of the sickness absence is attributable to some form of mental illness. Work-related stress is a major cause of occupational ill health, poor productivity, and human error. This means increased sickness absence, high staff turnover and poor performance in the organization and a possible increase in accidents due to human error. Work-related stress could also manifest as heart disease, back pain, headaches, gastrointestinal disturbances, or various minor illnesses; as well as psychological effects such as anxiety and depression, loss of concentration and poor decision making. <sup>3</sup>

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Many aspects of mental health have been challenged; and already before the pandemic in 2019 an estimated one in eight people globally were living with a mental disorder. At the same time, the services, skills, and funding available for mental health remain in short supply, and fall far below what is needed, especially in low- and middle-income countries.

The COVID-19 pandemic has created a global crisis for mental health, felling short- and long-term stresses and undermining the mental health of millions. Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened.

Theme of World Mental Day 2022 also states the same and focusses on mental health that '**Make Mental Health & Well-Being for All a Global Priority**'.<sup>2</sup>

There are many ways to improve or maintain good emotional / mental health and its wellbeing.

- **Be aware of your emotions and reactions.**  
Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- **Express your feelings in appropriate ways.**  
Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.
- **Think before you act.**  
Give yourself time to think and be calm before you say or do something you might regret.
- **Manage stress.**  
Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.

- **Strive for balance.**  
Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.**  
Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Keep your physical health from affecting your emotional health.
- **Connect with others.**  
Make a lunch date, join a group, and say hi to strangers. We need positive connections with other people.
- **Find purpose and meaning.**  
Figure out what's important to you in life and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.
- **Stay positive.**  
Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.
- **Keep Active:**  
Experts believe exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep, and feel better. Exercise also keeps the brain and your other vital organs healthy.
- **Talk about your feelings:**  
Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. Talking about your feelings isn't a sign of weakness. It's part of taking charge of your well-being and doing what you can to stay healthy. Talking can be a way to cope with a problem you've been carrying around in your head for a while. Just being listened to can help you feel supported and less alone. And it works both ways. If you open, it might encourage others to do the same. It's not always easy to describe how you're feeling.
- **Keep in touch:**  
Strong family ties and supportive friends can help you deal with the stresses of life. Friends and family can make you feel included and cared for. They can offer different views of whatever's happening inside your head. They can help keep you active, keep you grounded and help you solve practical problems. Keep the lines of communication open. It's good for you!
- **Do something that you are good at:**  
What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself helps beat stress. Doing an activity, you enjoy probably means you're good at it and achieving something boosts your self-esteem. Concentrating on a hobby like gardening or the crossword can help you forget your worries for a while and change your mood.
- **Accept who are you:**  
Some of us make people laugh, some are good at maths, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.
- **Seek professional help**  
If you feel like you cannot cope with the stress that you are facing, seek professional help by calling your local mental health helpline or getting in touch with your counsellor or doctor. Remember you are not alone, and there are things you can do to support your emotional wellbeing.<sup>4</sup>

#### References:

1. <https://familydoctor.org/mental-health-keeping-your-emotional-health>
2. <https://www.wpanet.org/post/world-mental-health-day-10th-october-2022>
3. Rajgopal T. Mental well-being at the workplace. Indian J Occup Environ Med. 2010 Sep;14(3):63-5. doi: 10.4103/0019-5278.75691. PMID: 21461156; PMCID: PMC3062016.
4. <https://www.mentalhealth.org.uk/>